



A Resource Guide

# SNACK MINDFULLY, ENJOY THE MOMENT

**Mondelēz**  
International  
SNACKING MADE RIGHT



# WHAT IS SNACKING MINDFULLY?

Snacking mindfully is an approach to help you improve the way you snack. It can also help you build a healthier relationship with food. It's about shifting your snacking habits, from not just what but also **why** and **how** you eat.

It's about simply stepping back and asking how hungry you are. It's about taking a moment to choose your snacks and drinks thoughtfully and having a fulfilling experience by tasting and savoring each bite and sip. As a result, mindful snacking can help you feel satisfied, refreshed and energized.

Nutritionists, psychologists and behavioral experts have been successful with this approach. Research also shows this type of practice can help you not only have more balanced and healthy eating habits, but also remove any negative feelings or guilt that may be associated with snacking.

## SNACK MINDFULLY, ENJOY THE MOMENT!

## INSPIRED TO LEARN MORE?

This resource guide lists practical tools developed by experts from around the world to help you snack mindfully. Use the tools as part of your wellness lifestyle and encourage family and friends to use them. You can also follow each expert's Twitter and Facebook channels for mindful snacking tips when you need a little extra inspiration.



This guide was created by Dr. Susan Albers, Psy.D., clinical psychologist and mindful eating expert. She is a *New York Times* best-selling author of seven books on mindful eating. She also conducts mindful eating workshops.

Mondelez International commissioned Dr. Albers as a consultant to create this work.



## GET STARTED WITH AN EXPERT

**Am I Hungry?**® offers mindful eating books, tools and programs based on the **Mindful Eating Cycle** created by **Michelle May, MD, CSP**. The site includes mindful eating programs for yo-yo dieting, diabetes, bariatric surgery, binge eating, workplace wellness, athletes and students, as well as articles, recipes, motivational cards and the **Am I Hungry?® Virtual Coach App**. Am I Hungry? also provides mindful eating training for health professionals and coaches.

f @AMIHUNGRY

t @EATWHATYOULOVE

**Body Positive Australia**, by **Fiona Sutherland**, discusses the 'Non-Diet' approach to mindful eating. You can find a downloadable **eating awareness journal**, which prompts you to provide the time and location of your last meal, how hungry you were before and how full after, and other observations or reflections.

f @BODYPOSITIVEAUSTRALIA

t @FIONABODYPOSAUS

**Eating Mindfully**, by **Susan Albers, Psy.D.**, includes downloadable tools, such as a daily tracker, awareness checklist, infographic on the signs of hunger and more. It also has mindful eating tips and challenges, mantras, and tips for recognizing triggers. Dr. Albers provides trainings and free handouts for health professionals to use in their practice.

f @EATDRINKMINDFUL

t @DRSUSANALBERS

**Intuitive Eating** details the 10 principles of intuitive eating, features an online community and offers intuitive eating workshops. Resources for dietitians, nurses, and other healthcare professionals, such as information on how to become an Intuitive Eating Counselor, are also available. The site was created by **Elyse Resch, MS, RDN, CEDRD, Fiaedp, FADA**.

f @INTUITIVEEATING

t @ELYSERESCH

**Mindfulness-Based Eating Awareness Training (MB-EAT)**, by **Jean Kristeller, PhD**, discusses the core concepts of mindful eating, such as identifying hunger, fullness and taste awareness cues, and choosing food wisely. The site includes links to her mindful eating research, her book 'The Joy of Half a Cookie', and information about upcoming trainings and programs, as well as worksheets to help you make changes to your eating habits.

**Mindful Eating Mexico**, led by **Dr. Lilia Graue**, provides several resources to support you on cultivating a balanced, respectful, nourishing, and joyful relationship with food, nutrition, and body through mindfulness. The site shares information about online and in-person workshops and provides a **library** of resources, including books, articles, and videos related to mindfulness and mindful eating. The website is in Spanish.

f @MINDFULEATINGMEXICO



**KNOW WHAT YOU  
WANT (EMOTIONAL  
AND FUNCTIONAL  
NEEDS)**



**BE AWARE OF  
PORTION &  
MODERATE IT**



**BE PRESENT IN  
THE MOMENT**



**ENJOY AND  
APPRECIATE THE  
SNACK WITH ALL  
YOUR SENSES**



**BE AWARE OF  
YOUR HUNGER,  
FULLNESS AND  
SATISFACTION  
LEVEL**



**REFLECT ON  
YOUR WHOLE  
EATING  
EXPERIENCE**

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